



THE FORTRESS

THE OFFICAL NEWSLETTER OF THE BARONY OF CAERTHE

UNTO THE POPULACE OF THE GREAT BARONY OF CAERTHE DO DOMENICO AND MARIA, BARON AND BARONESS, SEND JOYOUS GREETINGS.

Summer camping season is now in full swing and Domenico and I are looking forward to all the memories we will be making! Recently, we attended two events in close succession: Northern Realms War and Battlemoor.



Northern Realms War was where the Outlands took the field against our northern aggressors, the forces of the Kingdom of Northshield! In truth, there was much more camaraderie than aggression, with generous acts of hospitality demonstrated on both sides. There were three solid days of fighting, with several notable Caerthens taking the field along Konig Iohann, to demonstrate the Outlands is a force to be reckoned with particularly with spears. HE Domenico greatly enjoyed fighting rattan over three days, while HE Maria was joined by their Captain of the Guard, Don Iago on the fencing lists.

Battlemoor followed and was a busy event filled with both joy and some sadness. It was well attended by many who spent five days fighting, creating art, shooting archery, dancing, and making merriment. If you were not able to attend this year, we strongly encourage to you to plan for next year. It is an experience not to miss.

On a more somber note, the event was tinged with the loss of several notable gentles from the Northern Outlands who left us for their next adventure far too soon: THL Genevieve Duroch, Lord Svein Hammar (known as Hammar), His Honor Andros Korkyrates, and Master William Hawk de Warwick. Domenico and I are heart-broken at these losses and send condolences to their families and friends. Please see a tribute to Caerthe's own, Genevieve Duroch, below written by her peers of the Canton of Ravenhyrst.

Following Battlemoor, there is a full calendar of events both in the north and south of the Kingdom as well as outside of it. Please see our baronial progress for the events we plan to attend in the next several months.

Currently we are looking for autocrats, several event bids for the barony are currently open: Tri-Baronial A&S and Caerthen 50th Year. Autocratting an event is an enriching experience that will teach you a lot about the inner workings of the SCA and will help create bonds with your fellow event planners. If you are a newcomer or have never planned an event before, please seek out Ourselves or the Seneschal and they will be happy to link you up with an experienced mentor. Ever in Service to the Dream,

Domenico e Maria

Barone e Baronessa di Caerthe

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BARONIAL OFFICERS

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BARONY OF CAERTHE CHAMPIONS!

A&S Champion:	Mistress Arcadia de Medina	Sword of Chivalry:	Lord Tyler Farquad
Archery Warden:	THL Eirikr Morrison	Premier Blade:	Nova
Crossbow Warder:	Don Iago Rodriguez de Cadiz	Blade of Chivalry:	TBD
Equestrian Champion:	Lady Kublai Ksenyia	Cut & Thrust:	Lady Elora Von Effyn
Thrown Weapons:	Master Jethro Stille	Warlord:	Sir Davin Drakere
Blackthorn Bard:	Lady Isabel la Biche d'Hiver		

BARONIAL PROGRESS:	EVENTS CALENDAR:
7/27 <u>Investiture</u> Al-Barran (M) 7/27 - 8/10 <u>Pennsic</u> AEthelmarc (D) 8/3/2019 <u>St. Sebastian's</u> Caerthe (M) 8/10/2019 <u>Caer Galen Defender</u> Caerthe (M) 8/17/2019 <u>Archery Collegium</u> Dragonspine (M) 8/24-8/25/2019 <u>Stag's Bloodbath & Sworded Affaire</u> Aarquelle (D&M) 8/30-9/2/2019 <u>Warders of the Western Gate</u> Caerthe (M) 9/7/2019 <u>Mace & Greatsword</u> Mons Tiniturs (Sierra Vista, AZ)	All Kingdom Events may be found here! https://www.outlands.org/events Business Meetings: 6:30pm - 8:30pm: 1st Monday rotating schedule: Hacienda Colorado Please check Facebook for location. https://www.facebook.com/caerthe.sca/ Fighter Practice: 6:00pm - 9:00pm: Thursday Ragni Lighting, 14175 E 42nd Ave., Denver (back row of warehouses) Archery Practices: 6:30pm - 9:30pm: Monday No Limits Archery, 3050 E 78th Ave, Denver 6:30pm - 9:00pm: Tuesday Rocky Mountain Specialty Gear, 4298 Kipling St B, Wheat Ridge 9:00am-12:00pm: Sunday Scout Park, 132 E 112th Pl, Northglenn Indoor site: Empty Quiver Archery, 7180 W. 117th Ave., Unit C, Broomfield Hosted Gatherings - Guilds & Populace Social links: Apothecary Guild https://tinyurl.com/caerthe-apothecary Caerthe Cavalry https://www.facebook.com/groups/CaertheCavalry Children's Guild https://tinyurl.com/caerthe-children-guild Cooks Guild https://tinyurl.com/caerthe-cooks-guild Jeweler's Guild https://www.facebook.com/groups/JewelersGuildofCaerthe Outlands Archery and Thrown Weapons https://tinyurl.com/outlands-archery Scribe's Guild https://tinyurl.com/caerthe-scribes-guild Scola Metallorum https://www.facebook.com/ScolaMetallorum/ Canton of Ravenhyrst https://www.facebook.com/ravenhyrst Canton of Hawks Hallow https://www.facebook.com/HawksHollowSCA



This missive comes before you heralding the approach of **Caethen Yule!**

Please join us on November 23rd, 2019, at Washington Park United Methodist Church for a joyous evening of food and frivolity to kick off your holiday season! The festivities start at noon, and continue until 8 pm. There will also be a potluck with hams provided from the Barony for everyone to enjoy.

Activities for your seasonal enjoyment include singing of carols, period dancing, ornament crafting, Glückshaus (House of Fortune) and other games to delight, and other activities for the young of both body and heart. Wear your best holiday finery to dazzle and amaze, and we promise to do the same for the event hall!

Directions: Take- I-25 to University Blvd. Turn Left on to E Arizona Ave. Destination will be on the right.

BARONIAL REPORT: THE CHATELAINE

GREETINGS CAERTHE,

For those that don't know me I am Morgan Kynith, your friendly neighborhood Chatelaine. I would like to take a moment to thank (Chelsea Moller), Æva Dyer (Caro McCullough), Lord Jarek af Wolin (Bill Winski), Magni Dagfinnsson (Mathew Spivack), and Lady Roana Campbell (Corrine Timbers Wagner) who came out to help me inventory and organize Gold Key on the 8th of June. Thanks to their help Gold Key is almost entirely organized, and much more manageable.

There is an idea that has been growing in my mind and I would like feedback from the populous. I'm thinking of creating small stab binding books to be given out to newcomers. These books would be used to get signatures from people that they talk to during the event. The idea is to give out largess based on the number of signatures obtained, as a way to get newcomers to talk to people, however, this also requires the populous being behind the idea and willing to make it work. The books have an added benefit of being a place to have notes, websites, books, resources, etc. recorded about activities the person finds interesting and wants to try. Personally, I like the idea, but any feedback, ideas, etc. are welcome.

And finally, the Chatelaine office is in need of deputies, as well as a new Chatelaine for the Canton of Hawks Hollow and quite possibly the Canton of Ravenhyrst. So if you enjoy talking to new people and showing them The Dream please consider helping out the Chatelaines and becoming one of us.

Yours in Service, *Morgan Kynith*

WHAT'S IN A NAME

BY MORGAN KYNITH

When you first come to an event or practice you might be caught off guard by the strange names that people are called. Some are familiar like William or Katherine, and some are strange to our modern ears like Jibra'il or Tangwystl. Choosing your Society name is fun, but can be challenging. There are a few things that you should keep in mind when trying to select a name.

The first thing to remember is to take your time. The Society covers hundreds of years and dozens of cultures. Take your time and explore, it does you no good to choose a Norse name if, after a little while, you find that you prefer and choose to create a 15th century Italian persona.

Secondly realize that this will be your name, your friends will call you by it and it will be written on any scrolls you receive. This will be the name that is called when you are summoned before the court. You should make sure it is a name you like the sound of and can pronounce.

When selecting a name there are many articles that can be used for research at <http://heraldry.sca.org/names.html>. You can also contact your local herald for ideas if you are stuck. There are some naming conventions in the SCA that they can help you navigate. Like you can't be Arthur Pendragon, or Richard Plantagenet. You also cannot give yourself any titles like Lord or Lady, Sir or Duke or Count. The local herald will then make sure that your name doesn't conflict with any other names (we need to make certain that we don't have too many people with the same names or no one will be able to tell one Jack from another) and help you to make appropriate changes if needed then help you through the submission and registrations process.

To finish, find a name that you like and fits with the persona you are creating. And realize that you do not need a registered name to play in the Society. There are those that choose a name and have it registered as soon as possible, and those that play for years or even decades without registering a name.

Biscotti di Prado

3 3/4 c flour
1 1/2 c Sugar
2 tsp baking power (because of Altitude)
1 tsp salt
7- 8 tbsp melted butter (more when climate is dry)
4 whole eggs, plus 3 yolks
Zest grated from 3 large organic oranges
1 c toasted almonds

Several Gentles have asked for the Biscotti recipe that has been showing up at events this summer. Biscotti di Prado is one of the earliest forms of hard tack. It's great to make ahead for snacks at camping events!

Preheat oven to 350 degrees and place parchment paper on baking sheets. Combine all dry ingredients in a large bowl. Add cooled, melted butter and mix by hand until mixture is crumbly. In a second bowl whisk eggs and add them to mixture. Knead until ball has formed. Fold in Orange zest & almonds.

Shape dough into 2 logs on baking sheet about as thick as your thumb. Bake for 30 minutes. Let logs cool and cut them into biscotti slices. Lay slices back down on sheet and bake again until hard. 20 to 40 minutes based on your oven and the humidity.

Let cool & store in dry containers. The longer they are dry the longer they last.

Recipe Provided By:

Mka. Maridith Smith

Medieval-Style Lentil Pottage with Poudre Douce

1 Tbsp. olive oil
1 small onion, chopped
6 cups chicken or vegetable broth, or 6 cups water + 2 Tbsp. chicken bouillon*
2 cups lentils
1 Tbsp. **poudre douce**
6 slices stale bread

Poudre douce ("sweet powder") is a blend of sugar and spices, premixed like curry powder or five-spice powder.

Grind white ginger (9 parts), selected cinnamon (2 parts), lump sugar (2 parts), cloves and grains of paradise (1 part each).*

Sauté the onion in the olive oil until it starts to soften. Add broth, lentils, and poudre douce. Simmer 1/2 hour or until lentils are soft. The pottage will be on the soupy side. Place a slice of bread in the bottom of each bowl and ladle the pottage over it; allow the bread to soak up the juices and soften.

* If you don't have grains of paradise, you can substitute cardamom. And I use granulated sugar, since, after an adventure with cloves that claimed a cleaning brush as a casualty, I prefer to mix spices that are already ground. But you can easily grind them yourself in a mortar and pestle if you desire. Consider adding a bit of Poudre douce to wheat bread for a "Pop"

Recipe Provided By:

Lady Lianor da Costa (mka Sarah Thomas)

BLACK PIGMENT IN THE MEDIEVAL AND RENAISSANCE PERIODS

WRITTEN BY MARION FORESTER

This article is meant to be the first in a series on paint pigments in the Medieval and Renaissance period. A pigment differs from a dye in that a pigment sits on a surface and needs a binder to color the surface while a dye penetrates a surface and sticks to the individual fibers. We find information on what pigments were used by reading the vast amount of period manuals on how pigments were made. Authors elaborated on some colors more than others. Each color has its own story.

Black has been a color used for art since man first discovered fire and created charcoal. The methods and materials used to create that charcoal have been refined, but charcoals continued to be the majority of black pigments through the Medieval and Renaissance periods. Black carbon based pigments were made from vegetable matter, animal bones, ivory, and lamp black. Black earth was also used as a pigment where it could be found in natural seams in the ground.

Charcoal can be made just by burning wood and collecting the charred bits. The charred wood is then ground and combined with a binder like gum arabic or egg glair (refined egg white) to make paint. Pigment makers refined this process by putting carbon based materials into a low oxygen environment like a lidded casserole dish with clay filling the cracks. Removing the majority of the oxygen prevents the black pigment from being diluted by white ash. All sorts of materials could be put in this casserole dish such as leather or hay, but most common seem to be grape vines, peach pits, almond shells, animal bones, and ivory. Each of these materials create a slightly different color of black ranging from a brownish black with ivory to a more blue black using vine twigs or peach pits.

Artists could create charcoal for drawing in a similar way. Twigs would be tied into a bundle using wire and then put into a casserole which was then sealed in the same way as with the other charcoals. The instructions written by Cennini in the Craftsman's Handbook include putting the sealed casserole into a baker's oven for the night. The charcoals would be tested the next morning to make sure that they were properly charred and if not would be put into an oven for another night.

Lamp black is also carbon based, but the process of creating the pigment is different. Lamp black is the soot from burning a lamp or candle collected in a suspended brass or glazed earthenware dish and combined with a binder. For an oil lamp, linseed oil, nut oil, or about any other oil could be used. Either a beeswax or tallow candle could be used. Soot from a chimney could be collected, but may have to be refined by boiling it in lye.

Though the processes were few, materials to make black pigment were innumerable and produced plenty of shades of black. If you are interested in making pigments, this is a fun pigment to try.



MEET THE BARONY

The Barony of Caerthe is part of the Kingdom of the Outlands, in the Society for Creative Anachronism. The Barony encompasses the Denver, CO metro area and includes the Canton of Hawks Hallow in the north, the Canton of Ravenhyrst in the southeast and the College of Scola Scola Metallorum at the School of Mines.

MARIA CASTELANA



Maria Castelana joined the SCA in the Shire of Caer Galen at the young age of fifteen as a Spaniard by the name of Castellana Alcon, otherwise known as “Lana”. A lover of fantasy stories, history, and swords, she took to the rapier fields with gusto. It would be a year, however, before she attended her first event, Caer Galen Midwinter. Over the next ten years or so, she honed her skill with the blade and also dabbled in the arts and picked up service - attending numerous barons and queens on both retinue and guard shifts.

However, when the grad school called, she took a short break to pursue her Master’s degree in Linguistics. Unable to stay away for long, she returned several years later, heeding the call of the blade, as Maria Castelana, a Venetian merchant born in the 16th century. Diving head-first into the game, she autocrafted several events, joined the Caer Galen Bookbinder’s Guild, and picked up archery in addition to continuing her fencing.

Several years ago, she moved to the Great Barony of Caerthe and continued her deep involvement with the SCA, focusing now on her new barony. Currently, as baroness, she is working to foster newcomer participation, create a cohesive baronial identity and show the Kingdom what her populace is truly capable of!

LORD DOMENICO FORESTANI

Greetings! My name is Chris Perrotta, and I currently have the great honor of serving



*Photo by: Duchess Cainleach
(mka. Marcy Riviezzo)*

as the Baron of Caerthe. I have played in the SCA for almost 28 years, ever since one of my D&D buddies spotted an ad in the classifieds of the local newspaper. I was just 16 when I joined a small household, Haus der Kamaraden in the suburbs of NYC, in what is now called the Crown Province of Østgarðr, Kingdom of the East (New York City). I have lived in the Barony of Settmour Swamp (Central NJ) and the Barony of Stierbach (Northern VA) in the Kingdom of Atlantia. I have considered the Kingdom of the Outlands to be my home long before settling here around 5 years ago. At Pennsic XXV, my first war, I met some Outlanders and two years later signed on aboard the Tygershark, a Pennsic camp of Northern Outlanders, who I camped with for 14 more years.

I enjoy bardics and revels, all forms of combat (rapier, C&T and rattan), sewing, leatherworking and cooking; and have recently become more interested in court heraldry and equestrian arts. I have been falling down the rabbit hole of period sewing techniques, with a renewed sewing interest in 16thC upper-class Italian. In my time in the SCA

I have tried my hand in just about everything: brewing, embroidery, wood-working, blacksmithing, armouring, tent-making, candle-making, siege cooking, archery, pottery, painting, herbalism - you name it. I think one of the greatest strengths of the Society is how diversified our members are and the way we can provide a home to all. In the early days of the SCA we were home for almost everything outside the mundane, and that makes for good conversations with interesting, capable people.

My persona has intertwined with my SCA life and evolved over the years as my knowledge of history has grown. Lord Domenico "Nico" Forestani is a Corso-born Condottiero (mercenary captain) currently serving Venice in 1558. A veteran of multiple engagements, his company The Blackwater Band has operated for Florence or the Kingdom of Ealdormere and Naples or the Kingdom of the Middle - it just depends on who you ask... A successful Condottiero, he recently has acquired land and title and he is convinced Caerthe is located somewhere along the front range of the Dolomites.

IOHANN DER VUHS AND MARTINE DE LA ROCHELLE, KING AND QUEEN OF THE OUTLANDS



*Photo by: Duchess Cainleach
(mka. Marcy Riviezzo)*

In days long past, beyond that of most memory and held only in the letters scrawled on paper by monks slowly going blind by candlelight, before the halcyon and auspicious day of Their coronation, Iohann and Martine, serene Majesties of the Stag Throne did live as members of the populace of the ancient and storied Barony of Caerthe.

In those days, Iohann was styled “Sir,” “Thegn,” and in the time before that, “Lord.” He bore the cross of the Order of St. John and was of the German Tongue of that order. He there served before the Teutons separated themselves and formed their own order in the Levant. He has undertaken pilgrimage to the very navel of the world.

It is not known with certainty from where Iohann came to the Outlands. Some say it Atenveldt, while others say the Midrealm, and others still say Atlantia. Just as none can agree from whom virtuous Perceval came, so it is with Iohann.

It is said that he found his way to Caerthe some four years and months before ascending the throne. In that time he laboured in the offices of the Marshal and of the Webwright, committing his particular knowledge to the betterment of that place. His prowess in martial endeavors and his courtly demeanor saw him named Champion to Queen Ansteys and Warlord to Their Excellencies of Caerthe.

Songs tell of how Martine once did hail from lands far to the East, and that it was not until she came to the Outlands and Caerthe with her Lord that she did find the Dream. Deeply moved by beauty, often does she spend hours with paint and brush to embellish box, cup, and scroll. For these ministrations, her royal Parents did see fit to name her to the Order of the Argent Hart.

Legend tells that Iohann and Martine walk on foot through the lands of Caerthe and travelers have claimed to see them out among the mountain snows of the Outlands, but surely that is falsehood, for not even the hardest of northmen venture far when the deep cold of winter settles in.

THE HONORABLE LORD DUVHGHALL MAC GILLE EASVAIG



*Photo by: Winter
mka. Elizabeth West*

Greeting populace of Caerthe, I am Mark Anderson of Hawks Hallow. I have known of the SCA for over 30 years due to my son's interest and involvement. I began participating in the Society in July of 2014. My son, Alasdair, was being elevated to a knight and asked me to be the herald for the procession into the ceremony. I knew this was important to him and accepted his call. Soon after that event, I attended Caer Galen's Defender and began making friends.

I recently autocrated my first event, Battlemore X, this last July. During the event, I received the honor of the Order of the Sharp Arrow, and was awarded a white glove. I also am a Master Brewer and enjoy crafting beer and fine wine. I usually compete in the brewery competitions and have placed in several of them. I can be found at the Archery list fields and practices every

Sunday. I recently discovered I am ranked 5th in all the Society for open hand Archery (GAT). I enjoy camping nationwide and have attended events as far as Pensic. In the evenings at camping events, I like to share my brews around lively fires or dance at Revels. I host the Brewery interest group in my home in Thornton. I have been the Baronial Archery Champion and am currently the Baronial Captain of Archery. I participate in A&S activities including brewing and folk flute making. Occasionally, I will build wooden models, furniture, archery structures, and help maintain a trebuchet. I am newly interested in acquiring period clothing to fit my persona.

My name Duvhghall originated from the Queen referencing me as the "Douglas Bishop" when I won Queen's Prize in 2015. From that day, I started looking up ways to match her description of me and found "Duvhghall" as a form of Douglas and Gille Easvaig - meaning servant of the Bishop in Gaelic.

THL Duvhghall resides in Scotland in the year of our lord 1340. I am a military man in the Bishop's household. Not being a first-born son, I was trained to be in the military and later became a mercenary. As a mercenary I became a Captain of a crew of mercenaries who would travel to fight for bounty from the highest bidder. After twenty years of this work, a return to my homeland that was in need of experience leaders and soldiers who were being recruited for war. Serving in several campaigns for the Queen of Scotland brought me recognition for valor and bravery. I then partitioned the royals for a right to import wine and own a brewery, of which they gladly imparted. In my retirement, I enjoy crafting brews made of malted barley and herbs for the local populace. My son, Alasdair, is a Scotland native currently residing in France with his Italian wife.

NEWSLETTER SUBMISSIONS:

All submissions to the Fortress must be received no later than 8:00pm on the 25th day of the month prior to publication of the newsletter. Publications will occur in January, March, May, July, September, and November of 2019.

Content submitted to the Fortress must be accompanied by the proper release forms.

For further information, questions, and concerns, please contact the baronial chronicler at chronicler@caerthe-sca.org

[Vector Art provided by: Vecteezy.com](https://vecteezy.com)